

Happy New Year!

LOOKING BACK AT
2025

3 THINGS I WAS GRATEFUL FOR

- 1 _____
- 2 _____
- 3 _____

MY BIGGEST WIN WAS

A HABIT THAT HELPED ME FEEL GOOD

AREAS I'D LIKE TO IMPROVE IN

<input type="checkbox"/> Walks/runs	<input type="checkbox"/> Connection
<input type="checkbox"/> Workouts	<input type="checkbox"/> Unplugging
<input type="checkbox"/> Stretching	<input type="checkbox"/> Balance
<input type="checkbox"/> Rest	<input type="checkbox"/> Mindfulness
<input type="checkbox"/> Hydration	<input type="checkbox"/> Nutrition

LOOKING FORWARD TO
2026

TOP 2-3 WELLBEING GOALS

- 1 _____
- 2 _____
- 3 _____

ACTION STEPS
